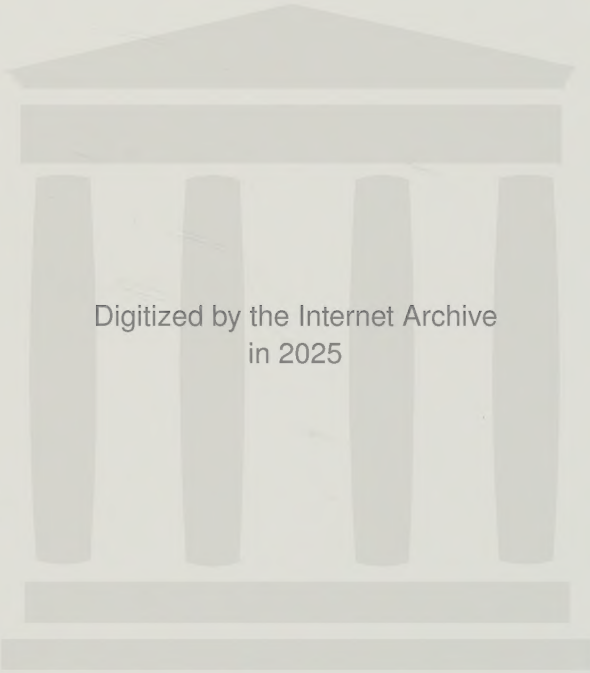


KIRSTEN GERSHON

MY GOD THERAPY

PRAYERS FROM A NEW BELIEVER

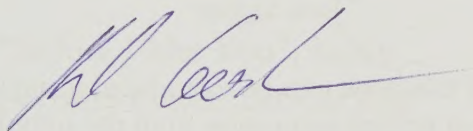




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My God Therapy

Through Prayer, Conversation,
and Praise

A handwritten signature in blue ink, appearing to read "H. C. C.", is positioned below the subtitle. The signature is fluid and stylized, with a long horizontal stroke extending to the right.

Kirsten Gershon

Publishing History

First Edition 2022

Cover Design

Daniel Gershon

Editing

Robyn Graham

Digital Design & Formatting

Jack Segner

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ISBN for paperback: 978-0-9988247-2-7

ISBN for E-book: 978-0-9988247-3-4

Previous book by the author

The Snippet of A Life

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ACKNOWLEDGMENTS

It has been a journey writing this book and I have a few people to thank. First a big thanks to my dear Jewish husband who has been very encouraging to me in writing this book. He did the first proofread of every single prayer. Next I have to thank my close Christian friend Robyn Graham, who helped me with proofreading and kind suggestions. She has been very supportive and helpful and I am grateful. My atheist son took the cover photo and created my cover. He is a wonderful painter and photographer. It is amazing how we can help each other in spite different worldviews and personal beliefs.

My Bible Study group has been of great support, especially Jo Anna McMillan, Sandy Adler and Carol Neuhauser. They were encouraging and constantly asked me when my book would be finished.

And of course I big thank you to God, without Him there would be no prayers and no book. God is awesome and I pray He will use this book to help other new believers in their struggles..

PREFACE

GOD THERAPY through Prayer, Conversation, And Thanksgiving

I decided to write this book to show how prayers can change a life. My walk with God has taken me from confusion and uncertainty and brought me to a wonderful place where I fully trust God's guidance and love for me. Talking with God is life changing. And it is not a small change. I am not as fearful as before, daily worries are diminished, and my self-esteem has grown just to name a few.

The feeling of being heard and validated by a living God is wonderful. It's like being enveloped in arms of angels. It is an absolute belief that He will hear me and guide me—no matter how trivial it may be. I have never felt this safe before.

God keeps opening new doors in my mind. It happens all the time in multiple ways. Sometimes I read a scripture or I see a situation in my daily life, then I speak to God about it and ask for his answers. After my

conversation or prayer with God my thoughts go to new and exciting places. Sometimes I am totally surprised where it leads me. Slowly but surely God's wisdom is seeping into my understanding of myself and others.

God is teaching me to be more aware and less reactive to everything and everybody. When I step back and see myself or a situation from a distance it becomes less intimidating. Therefore I can take my time before acting. Asking appropriate questions about what to say and do is much better than reacting on autopilot. Before I met God, I was often overwhelmed and thought I had to do or say something immediately. I never even thought about the consequences of living like that.

There is no doubt in my mind God is hearing me. I always feel stronger and wiser after my conversations with Him. It is peaceful to know it is not all up to me and God has a plan. To know I am not alone is very comforting. God has my back. He gives me insight but most of all patience with myself and others.

I am so very grateful for His patience, His grace, and His love.

How did I come to believe and trust God?

It all began shortly after I became an American citizen, January 8, 2016 was the exact day, and it meant a great deal to me. I was born in Denmark and I had always admired American spirit and strength, now I was one of them. It was a time of great reflection for me and I began to write my autobiography, *The Snippets of a Life*.

My life had been difficult. Depression and sadness were with me for many years, with thoughts of suicide creeping in at times. I struggled alone for a long time. I saw myself as less-than others, and didn't dare have people come too close to me. Over years, I have worked to heal myself. I have been in therapy several times trying to find answers to my warped thinking.

I was baptized and confirmed as are most Danes. For me they were ceremonies with no meaning. I never understood how there could be a God with all the suffering in the world.

The writing of *The Snippets of a Life* was emotional and draining. I was being brutally honest about the saddest corners of my soul. To begin with, my writing was for me and my

eyes only. Therefore, I could boldly go forward digging into my depression and misunderstood world view. Had I known I was going to publish my writings, I would have been less raw and honest. I would have been worried about other people's judgments.

Once I began writing I couldn't stop. I would write for hours every day. My writing became better and better, and I had fewer problems with the English language. It just began to flow. Out of the blue came this acknowledgement, I am not writing this alone. As I was ending my writing, I was one-hundred percent convinced that God was with me. First I thought I was going crazy, I had many questions as to why and how. But the fact is God came to me and helped me write this difficult stuff, and He hasn't left me since. Through prayer and thanksgiving God is showing me a new way—His way.

After my book experience, it became normal for me to have long conversations with God. I became interested in studying the Bible. I had hardly finished the thought before a friend asked me to join a new Bible study group. It was during my first stumbling steps as a new Christian that I began writing small

prayers. First my prayers were very childlike. In a sense, I was a new child in Christ. This will become apparent as you read my prayers. My prayers didn't always make sense to me, but I am sure they made sense to God. I didn't know what I was doing, I often wondered, is there a correct way to pray to get God's attention? I always asked for God's permission to write my prayers, therefore, they are exactly as God wants them to be.

There were times when I felt very inspired to write prayers, and then I had long moment where I couldn't write even if I tried. Sometimes I felt I was losing my wonderful connection with God. But God always brings people into my life who nudged me back to Him.

This little book of prayers and praises are my private conversations with God since he so miraculously came to me at the end of 2016. (Today I know He was there all the time). My inner struggles and insecurities are repeated in these prayers. My prayers will show how I grew both spiritually and emotionally. I became better at seeing my own self-defeating thoughts and habits. These prayers are my God-therapy. "Always be

joyful. Never stop praying. Be thankful in all circumstances for this is God's will, for you who belong to Jesus Christ". 1 Thessalonians 5:16-18.

I have often been asked to publish my prayers. Of course my inner voice of self-doubt would find a million reasons why I should not. But again, the trust in the LORD has made it possible.

I have written many prayers and this book is a sample of them in chronological order. I have often wanted to change the early prayers, but that would not have been fair to the changes God has done in me. Prayers I have written about other people will not be included, as did not ask to be part of my book.

Dear God, thank You for making this book possible. I pray this little book can be of use to other people in need, maybe even help somebody find You and Your love. I am still in awe of the fact that You, The Almighty Power, have time and compassion for me.....and always will.

Heavenly Father I am grateful, thankful, and humbled by Your love for me. How You came to me is still a mystery.

1. IN THE BEGINNING

Sitting in a comfy chair writing my autobiography, I suddenly felt a presence—maybe more a feeling of not being alone. Someone was helping me both practically and emotionally. I wondered if I was imagining things. The next day I felt the same feeling again, it kept happening, and in the end, I couldn't deny it anymore. I was alone in my room, but help was forthcoming. Could it be I was receiving divine help?

I hadn't spoken to God before and now all of a sudden He was working with me. I didn't tell anyone about this encounter for quite a while.

I began to have long conversations with God. It didn't feel strange at all. It was as real as speaking to a person; it became normal and familiar. Only later did I realize I was actually chatting with the Almighty God as a close friend. He listened and had endless time for

me. The awesomeness of speaking to God on such a personal level inspired me to begin to write prayers.

It didn't come natural for me to write to God. It was something I felt compelled to do. I have often felt silly—who am I to write prayers—how can I, a new Christian, have the audacity to write to God? Shouldn't I leave that to the church?

2017

Dear Heavenly Father,

Thanks You for coming into my life, it was totally unexpected but a wonderful gift. One day I went from not knowing You at all to being sure that You are here by my side. That is an enormous gift of grace. Praise the Lord for I have felt Him and I can truly say, I have worked with Him. Everything is easy when God holds your hand. Thanks a million for showing up when I was writing difficult stuff. Thanks for guiding me and comforting me when it was hard, but mostly for giving me all the right words.

Praise the LORD!

Amen

2017

Dear Heavenly Father

I wish for all people that they could have the same experience with Your presence and love as I have had since the day you so miraculously appeared. I wish everyone—friends, family, and unknown folks—could find the peace in their busy and chaotic lives as I have. Let them find hope, strength and love in Your name. Teach them not to deny You, but to walk with You in everything they do.

Amen



2017

Dear Heavenly Father

I thank You for all your love and forgiveness. Although I have sinned in many ways, You have been patient and good to me. I have a good life, a wonderful family, a dear husband, and lovely friends. I have an abundance of good happening to me in spite of my shortcomings. I nag and You forgive—I pray and You provide. With Your grace, at this moment sitting with You, my life is perfect. Slowly but surely peace is coming to me through prayer and trust.

Amen



2017

Dear Heavenly Father

In this moment, and in the future, I surrender my will and self-defeating ways to You. You created me and therefore I trust that You, God, know me best. I surrender to You my shortcomings and my need to feel loved and wanted. I shall forever believe that all my needs are already given by You. I do not need false gods such as, other people's opinions and validations of me. I shall nevermore put other people's thoughts of me as my god. I trust that You will guide me, and I know that Your grace is in earnest, far beyond anything else.

I pray that You will be by my side in all my endeavors, and when the old "gods" tug at me, help me and guide me back to You. You and only You have a final say in all things and matters. Surrendering to You God, is a lot less fearful than I thought it would be. I sense Your love and your grace and nothing is more comforting and peaceful.

In this moment I am at peace with my
God.

Amen

2. NEW TO BIBLE STUDY

The following prayers are directly connected to my first Bible study. It had never entered my mind that one day I would join such a group, but there I was and I was enjoying the lessons as well as the conversations. Praying with a group of women was a new and pleasant experience. Praying was new to me. I used to speak to God as a dear old friend.

I knew very little about the Bible. To me it was just a book about endless wars and unpronounceable names. It had never occurred to me that it contained important life lessons.

I was like a sponge. I don't think I missed a single meeting. I needed this new knowledge that was being made available to me and my heart was open. Please keep it coming God.

2017

Dear Heavenly Father

I pray that You will give me strength where I am weak, especially when I feel unworthy of You. Please LORD guide me to be willing to come to You with all my worries, hopes, and praises.

Today I have learned no prayer is insignificant, too small nor too big for You. I can come to You even if I feel silly or if I worry about taking Your precious time. You have ears for us all, and all we have to do in return is to speak to You. It is an open ended invitation, but it is hard to do when the inner voice of low self-esteem repeat the old mantra; Don't be a burden, fix it yourself, do you think you are important enough for God, and God has better things to do. I could go on and on and all my childhood shaming is mixed up in this.

Heavenly Father I know You are not a shaming parent. You are instead a father who wants His children to succeed and flourish. All I have to do is boldly ask, knowing that

nothing is beyond Your ability. Humbly, but firmly, I will do so for I trust Your love for me.

Amen



2017

Dear Heavenly Father

I pray I can become helpful to women who are in need of some emotional healing and stability. I love to hear their stories and I know personally that there is healing in sharing. I believe when people connect with honesty and care for one another God is listening. I pray my book and other of my written essays become a useful tool. I know You will guide me to use the right words and do the right things.

It is an old wish for me to help other women. Years of therapy and work on myself have given me insight and knowledge. And now through my newfound belief in You, I am gaining another level of understanding. Please God help me find a way to make this wish become a reality.

I will honor You and listen to Your lessons and trust You completely.

Amen

2017

Dear Heavenly Father

In this moment I am willing to see myself as I am. Not as I was in the past. I am not a sum of all my bad thinking and bad behavior. I am not bad or filthy because bad things have happened to me. I no longer feel that I am undeserving, less-than-others, or a bad person. God, You have given me talents and I will no longer diminish them or deny them. I am willing to be the person I was meant to be. I have learned I have as much right to be here and live my life as I see fit, as do all other humans. Through tough times, failures, hard work, and God's grace I am emerging as an ever changing person—not stagnant, depressed or afraid.

I have learned my sense of humor is a gift and a good friend. It is not only a clown facade I can use when feeling overwhelmed and afraid of tense situations. I can choose to use it or not. I am better at not being on autopilot all the time. I have a voice and a choice in my own life. I have found a new self-awareness that eluded me before. I am

finding a self-love that is humbling...I am not Less-than-others nor am I more than. Only You God can judge.

I am becoming more and more trusting in a helping, caring, and loving God. I no longer rely on other's validation of me to feel whole. God made me capable in my own right and I no longer have to make excuses for myself.

Thanks God

Amen



2017

Dear Heavenly Father

Of course I want my will and Your will to be the same. They might not be and I accept that. You have the last word in everything.

In faith, I Pray: Dear God move all evil away from me and my family, let me heal and get off my medication, give me strength, and energy. Please take the bad sleep devil out of my life so depression can never take hold again. I boldly ask You to give me patience and wisdom, let me help uplift people through my writing. Lift my spirit to be forever positive. You are my power, wisdom, and light. Through You I can be powerful...a power for good. You created me and You live in me...how could I ever think of myself as a lesser human being. You created me in your image—I better stop criticizing myself.

I praise the Lord for He showed up in my life.

Amen

2017

Dear Heavenly Father

God, You are my shield against all evil and I pray that You will be with me forever. Holding hands and speaking with You continuously will keep evil at bay. For no one is as strong as You. Submitting my will to Your will is the only way to resist sin and avoid evil.

I pray only for God's will in all my affairs. I know at times my mind wanders and can go to unpleasant places. I know at times I can become impatient, jealous, judge-mental, and angry. I know at times I don't find myself worthy of You and I have doubt in my faith. Therefore, I pray for You to guide me back into Your competent arms where only pleasant and thankful thoughts can thrive.

Thank You for hearing me and allowing me to speak freely.

Amen

2017

Dear Heavenly Father

The Bible is new to me and I find it difficult to understand. I often find it hard to see the deeper meaning in the stories of the Bible—actually more often than not. Please dear God help me to become more interested in studying Your word. Help me be willing to spend the time—no matter how long it takes. Dear God, Please open my heart and mind to the wisdom of it all.

The concept of heaven and hell is somewhat new to me. It is especially hard to comprehend the concept of the devil—Although it is new and daunting, it shall not deter me from thanking You for keeping evil away from me. I pray that I will learn to gather and use the necessary words and scripture to assure that only You, God, have entry to my brain and my heart. I ask You to guide me to the only truth, love, and grace which comes from You, and to keep the enemies lies and scheming away from me and my family.

I pray: LORD strengthen me and give me the energy I need to carry out Your will for

me.

Amen

2017

Dear Heavenly Father

I ask You to teach me your way towards joy and peace. The tools are called prayer and trust in You. To be able to always go to You first, before worry, guilt, fear, and negativity can enter my mind and fester. I also ask You dear God to teach me to have faith, that all is good no matter how dire the situation may seem, believing You always have a plan for me. Why should I spend time planning, worrying, and fretting about things when I can spend the same time and energy praying to You while living a joyful life?

Walking hand in hand with God in all things! It sounds so easy, but old habits die hard. So again, I pray, send your Spirit to me, and let it poke at me to remind me that all I have to do is to let go, pray, and look for the good in all situations. Leave all my troubles with You. Why spend time dreading depression, worrying for my new country, fearing for my health, agonizing over my sleep problems, and much more, when I can give it to God and believe it is solved.

Praise to the Lord for He has come into my life. I have a happier and more positive outlook for the future and I worry less than ever before. When You God are next to me, like an invisible friend, life is good. I am so blessed and thankful to have You by my side. I don't have to make appointments or travel to be with You. All I have to do is acknowledge that You are right there with me all the time. And better yet, You always have time for me no matter what hour of the day or night— could it get any better?

Blessed am I!

Thank you God

Amen

3. APPLYING GOD'S WORDS TO MY THINKING.

How to apply these lessons in my daily life? It's not an easy question to answer.

First I began to compare how I used to think with what God wanted me to think. After that I tried to find a way to override the old voices. It was not something I could master over-night.

This comparison provided me with insights. It helped me understand how often I let my habitual thinking take over. I simply reacted to life and never stopped to think.

How I was raised and treated as a child had created an unrealistic roadmap in my brain. Today I can see how terribly wrong it was. I had misunderstood many aspects of life. My thinking was frozen and I stubbornly acted the same way over and over again—even though it kept me from getting anywhere. The result of this thinking was an enormous

amount of guilt and self-loathing. Dear God, I think I need to be reprogrammed.

Writing prayers is a way to clarify my thinking about my short comings. Since I don't dare to be dishonest with God, my prayers have to be very truthful. With that in mind, I can't diminish anything' even self-deceiving thoughts and denial are not possible. When writing to God I can't pretend or tell half-truths. If I was journaling just for myself, it would be easy to skip over unpleasant feelings and thoughts.

As I write in the introduction, this book is
God therapy for me.



2018

Dear Heavenly Father

Since becoming one of Your flock I have seen changes in my life. The changes are manifold, but for sure I have become more loving, gentle, peaceful, and faithful both towards others and towards myself. It is an incredible feeling to be allowed to feel love towards myself. Feeling equal to others and not less is a feeling only You could have given me. As I am coming out of hiding from myself, and getting free of old shame, I am learning that I have lots of compassion and love to give and to share with others.

Thank You God for letting me find this truth about myself. It has been an amazing find...the more I learn to love and be kind to myself the more I can be good towards others. As I am getting rid of my insecurities and low-self-esteem, I am opening my eyes to Your way of giving and caring. Only selfless giving is peace and serenity—expect nothing in return. Being a sad victim only makes everything become about me. Whereas loving myself through You is freedom and gives me space in my heart to love others.

Often we humans change ourselves to be seen and liked, and we please others for fear of abandonment. Often in our daily lives we say yes when meaning no, to avoid conflict, which grows resentment. Caretaking others with the hope of some kindness in return is another way we humans disappoint ourselves. But with You by my side, I have all the kindness and love that I need.

Therefore, I no longer need to worry about what others think, feel, or say. God is with me and He gives me enormous strength. My new faith stands behind my deeds and my words. No one has the right to judge me, not even me—only God. I give of myself freely because I want to and because God is with me.

God I pray, and I will continue to pray, for Your wisdom and Your compassion. I have seen the transformation in my own life, and I am not afraid of telling others about my newfound faith in You.

Please stay close to me and keep giving me Your kindness, love, and strength, so I can give it to others in need.

“Your fruit of love is strong”—indeed.

Amen

2018

Dear Heavenly Father

I come to You today with my newfound understanding of repentance and why it is so important to admit my sins, my wrongs, and my shortcomings. I will be totally honest with myself and with You. For only You can truly forgive me and take away the burden of guilt and self-hate.

I have learned over the years that forgiving myself and others is the hardest thing for me to do. I obsess, feel guilty, and I hang on to things and slights—even after years have gone by. Bad thoughts seems to linger and glue themselves onto me.

I Pray: hear me God for here is a whole list of things for which I would like to repent. I am sure there are others, but this will suffice for today. For most of my life I have lived in denial and I had to keep myself and my secrets away from the world. I was convinced that if anybody knew how I had grown up or what had happened to me, they would find me repulsive and not worthy of their time. In keeping this secret I committed many sins. I often lied by omission and otherwise—

pretended to be like others—did stupid things to be seen and to fit in. I compared myself with others and always fell short. I was jealous of others and their successes and felt dumber than dumb. I had to be perfect in everything—otherwise the world would discover what a low-life I was. I tried to control all situations with whatever it took; humor, helplessness, victimhood, the silent treatment, and more. I blamed, wanted revenge, and I hated all those terrible people who I thought kept me down. For years I avoided people, became enmeshed with the wrong people, and I stayed away from any situation that could threaten my house of cards. I often wanted to kill myself and I was very angry with you God.

Many of these coping mechanisms have been overflowing into my adult life and at times I still fall back into old habits. Therefore, I ask You to please forgive all my sins and help me avoid future repetitions...take them away forever...today I have no use for them. I do not need to hide anything and I am worthy of Your love and forgiveness.

With Your forgiveness and Your goodness I can love myself and others.....no more judging and worries. I can leave all that with

You. What grace and freedom You have given me. You have shown me that I count in the world—that I have my place in Your Kingdom—through Your mercy I can let it all go.

Praise the LORD.

Amen



2018

Dear Heavenly Father

In my new Bible Study Group we speak about strongholds. It's a fairly new word in my vocabulary. I guess it is defined as any behavior or thought that prevents me from being a good, trustworthy, caring individual with integrity. Be Godlike—that's a big ask.

Dear God I certainly still need a great deal of help in that department. I have a hard time letting my strongholds go. They feel so homely and right, because they have been with me for so long. They have become part of me. Old habits die hard.

I have firsthand knowledge of the fact that the honesty sets me free. For many years when I lived in fear and denial, my life was in shambles, and depression was never far away. Praise the Lord for the truth has set me free of many strongholds, or should I say that it has lessened their hold on me. You have already helped me immensely with Your support and Your strength. Now it is time to get the rest of them cleaned out and get me into being the person you truly want me to be. Emotional sobriety and honest and fulfilling

relationships are what I need and crave. No more hiding and pretending. Please Lord be with me and guide me in this endeavor.

Dear God I thank You for giving me an opportunity to work and pray with wonderful and thoughtful women. Women who have known You for many years and who have the wisdom and the knowledge that I need. It is a gift from You....of that I am certain.

Amen

2018

Dear Heavenly Father

Again I pray that You will help me to be more willing to read from scripture. It is so easy in my busy life to forget and go on to my next task. I know that Your words are important. Please nudge me back when I get lazy or forget. I need to fold my hands and come to you with everything big or small—even admitting that I don't go to Your words as often as I should.

I have come to understand that when I pray with faith in my whole being—You are next to me. With that knowledge I can truly say that You are the God—the only God—my Lord and my Savior.

I boldly ask that You will continue to guide me towards people who seek you, and who aren't stagnant in their lives—people who live, forgive, cry, and laugh—people who are unafraid of the future because they know You and are committed to You.

Use me as You see fit. Help me make the world a better place and help me bring You into the daily lives of others. Our world has moved towards ungodliness, ugliness, while

ethics and morals are slipping away. Let us no longer be afraid of calling out to You—even if people around us are unbelievers. Help us be the beacon of light that will draw others to us and to You....like moths to the light; not by preaching but by being loving and good examples. Give us the desire and the wisdom to do the right things at the right times.

My need for You is growing and I will continue to seek Your guidance and Your strength. I feel like a child walking hand in hand with a parent...thanks.

Amen

2018

Dear Heavenly Father

As I am finishing working on Psalm, 91, I am a bit confused. You tell me that You will protect me from all evil, diseases, conflict, and much more. Yet in other biblical verses you tell me that I will never be free from suffering. I have a hard time understanding how those two conflicting promises can live together.

Again I don't mean to be disrespectful but I need more clarification.

I pray for the wisdom, knowledge and faith that I need to fully understand this paradox. I pray You will be with me, and protect me. I pray you will keep all evil and suffering away from me, in a sense I pray for You to keep evil away from every single person on this earth. Why should I only ask for myself? But how can I ask such an enormous question....?

Come quickly and answer these questions for me.

Amen



November 3, 2018

Dear Heavenly Father

Praise to the LORD for this prayer came to me as an answer to last week's prayer.

Through Your word I am learning that personal suffering isn't always bad. I am learning that you are preparing me to receive your blessings in a humble way and in your time. When flowers are seen after a long drought they are much more appreciated. When hours, weeks, and years of hope and prayers are heard by you, I will be more appreciative and grateful. Little by little You teach me to find the right mindset—not expect anything but rejoice when it happens. It is through trust, patient and endurance I can receive Your grace. Then in return I become more trusting and patience. Working for something and succeeding is always more rewarding than just receiving.

You speak about the importance of good thoughts and kind words--God like thinking and speaking. It is so easy to speak badly, gossip, and have no patience with others. Teach me to be kind to everyone including myself. I have a tendency to condemn and

belittle myself. I surely need Your help in learning a new language for myself. I better be honest here—I need a better language period.

I ask You to give me strength when I feel discouraged. Help me find kind words when I disrespect myself and others. I thank You for all the help you have given me so far and humbly ask for more. I trust You in everything and I know that I will receive your blessing in good time and when You think I am ready.

A confusing prayer today...but I know You will understand.

Amen

November 30, 2018

Dear Heavenly Father

Today I ask You to cleanse my mind from all negative and unhappy thoughts. I pray for an endless ability to stay focused on the positive and things that really matter—not dwell on pettiness and old grudges. Help me to be mindful of my thoughts and conscious of my thinking. It sounds so easy, and it is, on good days. I pray that You will teach me to be particularly mindful when life is difficult. Remind me to be joyful, hopeful, and thankful wherever life takes me. Do not let evil seep in and spoil my thinking. In other words take all unclean and ungodly thoughts out of my head and guide me back whenever I fail, for good thoughts lead to good things. “For as a man thinks in his heart, so he is”.

You have already taught me this is true, and I sincerely thank You. Earlier in life I couldn't see the world around me and I stayed isolated in my misery, but You helped me meet the right people at the right time. Slowly I began to see the good things in life, and I realized that even I was allowed to partake in joyful and happy times. It has been a long journey of

discovery for me. I see now that You were looking out for me even then—long before I knew You—allowing Your light into my thoughts and lifting the depression. With you on my side everything is possible.

I trust that You have the power I need. I believe without You in my life it would be easy for me to fall back into old ways. I also trust You will speak kindly to me on the days when I fail in contrast to my own inner condemning voice. I trust You will teach me to be more gentle with myself, as a mother to a child. I am learning that chastising myself is a thing from the past I need to work on. Trust is a wonderful parent. In my heart I know that you will not fail me. You will always be patient, loving, and caring...and best of all—You truly believe that I am worth it.

“It shall be done for You as you have believed.” Is there a better reason to believe in good thinking. I am deserving of Your love and compassion and good things will come from Your blessings.

Thanks.

Amen



January 7, 2019

Dear Heavenly Father

Where does my mind go when it wanders around. It tends to go in circles with no end in sight. My busy mind can prevent me from concentrating, paying attention, and comprehending the most simple things. My mind flies around in an endless “should or ought to”—never to be still and present enough to hear the guiding whispers of the LORD. I worry that You don't see or hear me—but perhaps the contrary is true. I am too busy trying to live and control my life—as well as other people's lives—to be paying attention to my most trusted friend, The Almighty God.

Therefore I pray that You will teach me the discipline to stay still, focus, and pay attention to the important stuff and not the clutter of this world. I ask for clear advise from You God, and I will trust Your guidance. You have the power to stop the worrying merry-go-around of my brain. Help me become trusting in everything You bring to me. I know the Word of God is precious and right even when it doesn't make sense to me. Through prayers

I am learning, that when still in Your presence
there are no worries, indecision, confusion, or
fear. You can handle it all—so why don't I let
You?

Thank You God for Your teachings and Your
blessings.

Amen

January 23, 2019

Dear Heavenly Father

I thank You for all the knowledge You are giving me. I am learning at an incredible pace through my bible studies and my work at Codependent Anonymous. You have blessed me and surrounded me with wise teachers—every-day people who have gathered knowledge through their lives and personal hardships--Lovely people who are willing to share their experience, strength, and hope.

I am learning that when I rest in You, my anxieties, worries, and fears will disappear from my life. All I have to do is give them all to You and stop trying to change the past, fear the future, and control my present. Leave it all to the Almighty Awesome God. Who am I anyway—trying to do God's work?

"God's will for me," used to be just a saying or a phrase. I never really understood it and therefore couldn't implement it. That is changing rapidly. Thank You again for all You have given me.

I pray this work will continue and that I will become more and more trusting. Letting go is difficult—it is so easy to cling on to old

ways.

I believe I am worthy of Your awesome power. Allowing You into my life and letting You care for me is the ultimate—it is not magical thinking or hoping for something to change. You are the only force powerful enough to do this for me and I will give You my full permission.

Dear Heavenly Father I ask You to hold my hand when I am scared and prevent me from moving backwards. I trust You for whatever outcome You have in mind.

Blessed am I to have found You.

Amen



January 30, 2019

Dear Heavenly Father

Of course I know that thinking and being critical and judgmental towards others is bad behavior. What I did not know was how much You hated it. I didn't ever think it was controlled by the dark side. The fact that You can hear my critical mind is a bit scary. I better start thinking more loving thoughts. Acting critical, judgmental, and negative is a pattern I have used against myself forever. I can see how easy that spills over on my behavior toward others. It is easy to be critical of people if you fear them and feel less than them. Making them bad is a form of self-protection.

In my upbringing I was often shamed, hurt, and criticized and I had no confidence at all. I didn't think I was worthy of any kindness and certainly didn't expect any. I became very suspicious and began to expect bad things to happen. Should somebody have treated me with kindness, it could only be because they wanted something from me. This way of thinking brought me exactly what I feared and made me more suspicious. It is an endless

cycle of misery.

I no longer think in this way thanks to You God. The change began in therapy years ago, and it has grown rapidly since You came into my life. You told me that I was worthy of Your love. What a change it has been. The less I hate myself the less I hate others. The more I love myself the more I love others. The less I am critical of myself the less I am critical of others. Why would I treat others badly—I certainly know how much it hurts? I am no angel, but I really make an effort to think differently and I know for a fact that it has changed my life. Thank You God for Your never ending encouragement.

The endless cycle of misery is slowly turning into the cycle of gratitude. Smile to the world and it smiles back.

I pray that God's love will forever work for me, and I will forever spread His love to others one smile at a time.

Amen

4. ADDING SCRIPTURE AND FINDING A DEEPER UNDERSTANDING

I can't say what prompted me to add scripture to some of my prayers. It came out of the blue; perhaps a natural progression.

My new beginners Bible, which was a gift from my Bible Study Group, used to be tucked away in a bookcase—only to be used for homework. Now it is on my work table all the time and it is being used frequently.

I find treasures in the text. God always knows what I need. He leads me to scripture I can understand and implement in my daily life.

I keep digging deeper....



February 2, 2019

Dear Heavenly Father

My self-defeating thinking can really get in the way of my doing. I know You have given me gifts and talents. My problem is that I somehow fear success as much as failure. I can get immobilized by fear. “Who do you think you are?” “You think you are a writer?” I can hear my father’s humiliating voice, which was always negative and unsupportive. I often promise myself to get started with a project and the little nasty inside voice takes over and stops me. I do nothing—then I blame everyone but myself. “Why am I not allowed to?” I could fill in the blank with anything. It is in that moment, when I do nothing that my thoughts go to all the nasty places. Evil thoughts take over and prevent me from doing anything.

It is difficult to admit that I am the one stopping myself from hearing and seeing my reality. When I believe that I am less-than-others, I act as such, and I do not dare take on my proper duties in the world. The duties God wants me to do. I sit idle and wait for

someone to give me permission to act—as if God's permission isn't enough.

Now, after I have met You, I begin to pray, hope and wish for things to change. But nothing has ever been changed by asking and dreaming. Even with God on my side I have to do my part. I need to change my thinking. Responsibility means being faithful with the gift we have been given. Matthew 25:14-30 and Romans 12:6-8.

Dear God help me believe in my own abilities, which You have given me, and stop me from feeling inadequate. I am not afraid of hard work and perseverance. You didn't promise an easy life. I ask of you to help me work toward a joyful life. Please encourage me when I give up on myself. I do feel happy when I dare immerse myself in a project without worry of outcome. Renew me and let no more time be wasted with idle thoughts and inactivity. God please give me strength and courage. I am not writing books to boast about it, but in hopes that they can be of use to others.

Please, I beg You, to teach me to be good, patient, and kind to everyone including myself. I understand fear, anger, and judgement hurt me more than those I am angry with. Whenever I am critical and

negative I am preventing myself from hearing Your voice, and I stop functioning properly.

It all begins with Your love and self-love—not egotism and selfishness. I am not less-than-others and I am not more than others either. It is a balance. I have my gifts and others have theirs. It would be a pretty repetitive and dull world if we all did the same things.

Thank you Lord for clarifying this for me.

Amen



February 3, 2019

Dear Heavenly Father

In scripture it is written You can renew us by Your spirit, Ezekiel 37:1-14. You have already proven and shown us that in faith anything is possible.

Please, let me ponder on that for a while.

To be renewed means that everything is possible. It is only my own thinking that prevents this renewal process. It is almost like I am glued to my old ways of thinking and doing; staying behind an invisible barrier I am afraid of crossing. Perhaps I am scared of the vast possibilities that could lie ahead should I dare walk into the land of believing that anything is possible—if I have faith

I may have to change my thinking and act as if my goals have already been achieved. If I truly believe I am a good sleeper and a morning person—then I will begin to act like I am. If I am already an author, then I will not be afraid of writing—it's what I do. If I want to be a runner, I better emulate the life of runners. Believing is the beginning and then comes the hard work. One can't function without the other. Wishing is lovely but I

know God's work is done through me not for me.

Therefore I pray: Let this new knowledge sink into my stubborn brain and wash the cobwebs out. I am worthy of Your love and You expect me to use the gifts You have given me, Romans 12:1-2. Let me find the courage to truly be me and never again worry about what other people think. They will think whatever they want regardless of whether I waste my life getting their approval or not. God help me to go into the vast land of the unknown where possibilities live.

Thank you God

Amen



2019

Dear Heavenly Father

There is so much ugliness all over—in films, in politics, and in the news. I have finally stopped watching the news; it was too stressful and I found myself getting upset every single day. There is too much name calling, lying, and hate of others with a different opinion. I get stressed and worried about everything. It is a constant barrage of bad news.

How do we think we can raise the next generation to be kind, honest, friendly, happy, and giving, when they inundate us with so much violence, anger, and fear. They see adults behave in the most ungodly ways.

Then I read Your words: Be kind, patient, loving, and accepting towards your fellow man. Walk with God all day, every day. Don't waste time condemning yourself and others. Use your time being positive and help others find joy and happiness in their lives. Just reading this kind message brings my blood pressure down.

Negativity takes over so quickly. It is as if positive news and stories aren't allowed to be

aired or even spoken of. It drags me down and I am sure I am not alone. God help us turn the tide so the good can prevail. Dear God help this earth and this country. Please help us to become more accepting of each other. Some people's opinions and actions may differ from ours, but it doesn't make them horrible people. God we need You to change this mess. I haven't a clue how, but you always have an answer to prayer—what a relief that is.

Thanks for listening and caring.

Amen



2019

Good morning God

I have to tell you about a dream I had. In the dream I live on a huge tree branch high up in the sky. It is not attached to anything. It has been my home for many years. One day a ladder begins to form. This ladder can take me down from the branch. After a while I begin to climb down. All of a sudden the ladder ends and the last step is made out of chewing gum. The chewing gum stretches longer and longer and all of a sudden I can't reach the ladder anymore. I can't reach the earth and I can't get back up onto the branch. It's a terrible predicament and I am afraid of dying. I woke up sweating and my heart was beating like crazy.

The dream meant something and I spoke to my husband about it. I couldn't get it out of my mind.

The next night the dream continued. The second dream was an interpretation of the first dream. In this dream I felt secure and had an inner belief that all would be good. I am hanging in mid-air—meaning my old ways don't work anymore and the new ways of

thinking are not quite in place yet. Let go of the ladder—take a leap of faith—and I will never be afraid of falling again. It was a dream of my new faith in God. It is there and it is not there at the same time.

Dear God I am happy to come to you with my dream. My dream is about trusting, believing, and sometimes not believing. It is a good feeling to be honest about not always believing. I can't lie to you anyway—my all-knowing God.

Amen

5. "BEFORE I MET YOU", IS MY FAVORITE PRAYER. LET GO AND LET GOD

One day I sat down and wrote this prayer in no time at all. It was very similar to the time God helped me with my book. It flows wonderfully when God lends a helping hand. This prayer really sums it up for me. How I used to be and how God is changing me.

2019

Dear Heavenly Father

Before I met You:

I never felt I measured up. I was defective, flawed, less-than-others and definitely not ever good-enough.

Then You show up and tell me:

I made you good-enough. You are exactly whom I planned you to be. Always trust my love for you, and believe that you are worthy of it.

Before I met You:

I struggled with low-self-esteem. I let others come before me again and again. In changing my opinion to please and never rock the boat. Depression and fear ruled my life.

Then You show up and tell me:

Don't be afraid, I am here all the time. You can always bring me your troubles. You have tremendous value to me. Remember I love you.

Before I met You:

My life was lived like a piece of kelp in the ocean, stuck at the bottom and letting the waves take me back and forth—never to make any waves of my own, letting others decide for me.

Then You show up and tell me:

Don't shy away from life. Use the gifts I gave you. Don't deny your space on earth. Show-up, be bold and live. Don't be timid and hide yourself. Remember you are good-enough.

Before I met You:

I felt I was invisible and no one listened to me.

Then You show up and tell me:

Take yourself serious and begin to listen to yourself and others will follow. How can the world know who you are when you hide yourself.

Before I met You:

Negativity was in my blood. It was easy to be insulted, hurt and sad.

Then You show up and tell me:

I have a choice. Stop the old negative chatter

and choose positive thinking. Turn unhappy thoughts into good. It takes some practice, but it is very possible. "For as a man think in his heart, so he is."

Your gifts are endless.

Thanks.

Amen

6. FINDING ANSWERS TO OLD QUESTIONS.

I used to think the world was out to get me. Life has to be difficult was my mantra. I set myself up for failure all the time.

If I was good at something, then of course everybody else would be so much better. Whatever I could do they would accomplish in half the time while blindfolded. This thinking wasn't healthy and made me give up and not try at all.

My new ways with God are different. God wants me to succeed. He doesn't care how many times I fail as long as I keep trying. He created me for a purpose—to dare at life and go make some waves.

God is lovingly nudging me forward to a place where I can be confident. To a place where my core is strong and my main goal is to help others achieve the same strength.

February 16, 2019

Random acts of
kindness

Dear Heavenly Father

Many years ago I was given a book called "God's use of everyday people." I remember reading it and thinking, "what has that to do with me?" I could never be of use. There are too many talented people whom God should choose first.

I forgot the book, never thought about again until recently when I realized I had totally missed the point. It's in the little gestures of every-day-life that God's work is being done. Today I see clearly that God can use me, if I choose to be of use. To be kind, encouraging, and helpful towards everyone is God's work—nothing fancy or glitzy, but it can make an enormous difference in people's lives.

Dear God help me be mindful of my thoughts and actions. Take away my impatience and annoyance when things don't go as fast or as smooth as I want. Help me see that there is a person behind every situation.

Many people are already having a hard time, and my bad attitude is not helping. A smile on the other hand could work miracles.

The person might not smile back at me, but smile more at the children when home from a long day. A little less stress in our everyday life can make a huge difference.

It's so wonderful how You are opening my eyes to so many nuances. Keep it coming dear God.

Amen

March 1, 2019

Dear Heavenly Father

I used to hear the phrase, “God helps those who help themselves.” I do not believe it is from scripture but never-the-less it made me think what kind of God is that? Aren’t You supposed to listen to prayers and then give endless gifts.

Today I believe You give endless gifts—but not without structure and purpose. The purpose is for us to grow to become responsible people both spiritually and practically. I am convinced You wants us to become strong, hardworking and joyful. How does hard work and joy fit in the same sentence? I am learning that easy gifts feel good for a moment—but there is no lasting pleasure in them— we will quickly wish for something else. It becomes an endless—“I want everything, but I don’t want to do the work and be happy with what I have.”

I know You want us to be responsible, and never take your gifts for granted—be thankful for every little thing. If we are gifted but lazy we can’t grow as people. Without gratitude for the small things, we can’t receive the big

things in life. You wants us to be victorious not only for ourselves but for Your glory. I know you want your children to bear fruit.

I Pray: Dear God give me the wisdom I long for. Please give me the ability to do the work that is required for your gifts and blessings to flourish and bear fruit. I understand that there is no free lunch—I have to do my part and take responsibility. In doing so there is no end to what I can ask for and receive. Therefor I ask again... help me ask for good things and not frivolously want everything. I have to be responsible even in my prayers.

Amen

2019

Dear Heavenly Father

Challenges in life develop our character.
Genesis 39:1-23, Romans 5:3-5.

James 1

Be grateful for adversity and difficulties as they prepare you for God's future plans for you. It is a hard pill to swallow—it is always easier to complain and blame.

I certainly have done my fair share of complaining. Before I knew You, God, it was my only outlet for my stress and discontent. My answer to life's hardship was often negativity and bitterness.

Today I know that You were right there with me, guiding me through all my trials. You let me do the hard work—not as a punishment--but as a way to make me a better person. And perhaps, through past experience, I am becoming more compassionate person who understands other people's hardships. It is actually a much more comforting thought than my own belief, which is that bad things always happened in my life because I am bad person and not worthy of God.

I pray: Please come to me in difficult

situations. Help me be more controlled in my future endeavors. Help me remember that You are behind me all the time. I promise I will do my best to complain less. It is easier now when I understand that I am not being punished—just pushed ahead.

You are an awesome God.

Thanks.

Amen



April 3, 2019

Dear Heavenly Father

Before I knew You, I reacted to life without thought. I was always in a hurry and everything had to be done correctly and done immediately. This misunderstanding had me fighting and losing all the time. I was exhausted from all the running and from feeling inadequate. No matter how hard or how fast I ran—I failed.

Long ago I was told, “don’t run up against life, let life come to you. Relax and sit back—there is no need to fight everything head on.” At the time, I couldn’t even comprehend what that meant.

Now, after meeting God, I can see the difference. Let God’s work happen. Don’t think you can do it all yourself. It doesn’t mean to literally sit back and do nothing, it is more like trusting God to remove some obstacles and open new doors. God honors patience and God loves those who are patient with others. 1 Corinthians 13:4-7.

Today I know I can pray and ask for Your blessing—not force it—it will all unfold in Your good time. In trusting and with patience

life has become so much less stressful and exhausting.

Thank you God.

Amen

April 15, 2019

Dear Heavenly Father

I am reading Christian writers and I am being shown how much I had misunderstood my life. A new amazing world is opening up to me through their writings and their chosen scripture. A world that says, "It is not about you." Depression and blaming is a form of selfishness. Stop navel gazing and use yourself to help others and the world around you.

I think of all the years I wasted faultfinding, blaming, and wishing things and people were different. Wishing for a different childhood, wishing for somebody to come save me or hoping a miracle would occur and I would wake up in a different world. I was simply wishing and believing that other people should change to suit me. When they didn't, I was sad and lost—how would they stop hurting me if they didn't change? I was somehow perfect and others were to blame for my misery.

I can see clearly now my depression and sadness were caused by living in the past. My thinking that my life could change if only I could blame other people, or if I could find

one more piece in the puzzle of my troubled upbringing, was not helpful. I was trying to find reason for my unhappiness—why are things always happening to me—poor me. I didn't see the world around me and didn't really partake in it.

It never occurred to me that this behavior is a form of selfishness, "it's all about me," mentality. It made me self-absorbed and therefore I couldn't see other people as they were. They became threatening to me. I thought they looked down on me and they thought I was less-than them. But it was me who was living as if I had no other choice—for years, I seriously didn't know any better.

It is awesome to find that God has all the answers. All I have to do is admit I have faults, admit I don't know everything, and ask for God's forgiveness and guidance. Of course, it is hard to admit to self pity and to acknowledge I had not taken responsibility for my own life. Therefore, I pray...

Dear God I come to you today with thanks in my heart, seeing the truth about myself—as much as it hurts—it is inspiring. The doors You open through the Bible are amazing and I pray for more of Your wonderful wisdom. Every time I think I have learned it all, You show me I know only a tiny fraction. I am so

thankful You have come into my life.

At this moment I also pray for Norte Dame in Paris. This old icon is burning to the ground...God help me find meaning in this.

Amen

May 21, 2019

Dear Heavenly Father

Before I met You I was often envious, and jealous. Everybody seems to have what I wanted. They were well educated, sophisticated and smart.

Now You teach me my jealousy isn't anything more than my own feelings of inadequacy. I am the one who gives myself less value in the world, not others. I speak poorly to myself and worry about other people's opinions. What a waste of time.

I know we are all Your children. We all have value no matter how much money, knowledge, or ability we have. God's love is unconditional. It is an enormous waste of time to compare myself to others who have been given different abilities and strengths. In God's eyes I am precious....I like the sound of that.

Dear God, You have also opened my eyes to the fact that every person on this earth has their fair share of problems and sadness. Even the best and richest have their struggles. While I was jealous I couldn't see beyond my own nose.

Real love is never jealous. 1 Corinthians 13:4.

Thanks for opening my eyes.

Amen



November 23, 2019

Dear Heavenly Father

I have often asked You to free me from all new and old resentment, hate, anger, jealousy, and bitterness—whether it is toward my parents, siblings, friends, or circumstances. Please set me free to live the life you wanted me to live. Teach me to look at the present moment as new and precious without coloring it with old beliefs and negativity.

Please set me free to be myself and not the person I thought my parents wanted me to be. Whether they did it on purpose or because they didn't know any better is immaterial. Please teach me to let old stuff and beliefs stay in the past so I can do God's work today and in the future. Help me to stop worrying about what other people think—it is not as important as what God thinks. I do not believe that You, God, have bad thoughts about me.

By putting myself lower than other people I have invited others to treat me as such. Therefore I ask, please God free me from my early programming and help me live a joyful life. Joy was taken out of my life when I was a

small child, and in my sadness I had so misunderstood everything. I know now that joyous living is a choice — with God everything is possible.

I have great hopes for the future. Perhaps one day it will be possible for me and my siblings to be in the same room without resentments and without opening old wounds. I pray for that. There is a sad place in my heart where my siblings live—especially my sister. Bitterness has lived between us for so long; how to undo that?

I also ask for your guiding hand to cure old relationships which have gone sour, whether my fault or theirs. Sometimes I get into knots with people and I don't know how to untangle them.

Thank you God for listening to me.

Amen

7. MOVING AND COVID

Moving to another state on April 1, 2020. The day the country closed down over Covid19. I think I would have stayed in Arizona had I known the difficulties I was to face.

My husband had just had severe back surgery. We had sold our house furnished and now every store was closed. We lived in an empty house—no furniture, no fridge, no radio, no TV or Wi-Fi. We had ordered two twin beds for a guest room and fortunately they had arrived. We didn't know a soul and weren't allowed to go out and meet people.

I had spent two years nagging my husband to move. Now I felt so guilty for putting him through this ordeal. Moving is never easy but Covid19 added an extra stress to it.



December 1, 2019

Dear Heavenly Father

Right now I am at a crossroad—moving to another state—trying to find the life I desperately crave. I never felt at home in Tucson. Maybe my old wounds were still seeping out and sabotaging me. I pray You will guide me in the right direction. I pray for a good community with kind and godly people, a place I can truly call home and where I can live for many years.

Dear God, You are hereby invited to intervene in my life. Please, I beg You to give me purpose and at the same time the strength to carry it out. Give me vivid dreams and visions—so strong that I can't deny them.

This prayer sounds desperate. Maybe I am. I want to find a new home and a new life. It is exciting and scary at the same time.

Thank you God

Amen

February 5, 2021

Dear Heavenly Father

Psalm 71:12, “O God don’t stay away. My God please hurry to help.”

Don’t stay away from me and my loved ones. I have prayed over my grandson and will continue to do so. His little fragile soul needs You dear God. I pray that you will enter into his life so he can find peace and tranquility. I also ask You to speak to his parents—let them know they need to be in charge in a controlled manner. I understand their frustration when he is angry and obstinate. Please God teach them to stay calm when they would normally raise their voices. Help them find unity in their child rearing and stop undermining each other. I also pray they will find you God and use your ways.

Dear God give my little grandson the strength to try new things whether it is in sports, in school, at home, or with new foods. Don’t let him get used to giving up. God, You have given him many talents—please help him to flourish. He is a lovely caring soul—always concerned about everybody. Please

strengthen him.

Lately he believes there are monsters in his room at night. He fears that his parents will die soon because of Covid19. My heart is breaking for the little kid. It is way too much to handle when you are only six years old.

Please God, in the name of Jesus Christ help this family. They are far away from You Lord. We can't even talk about a possibility of believing in You. I pray that You will show up in their lives as miraculously as You did in mine.

Help this boy—I beg You.

Please hurry!

Amen

2021

Dear Heavenly Father

I desperately ask for Your help. Moving and finding a new life in the midst of Covid19 isn't easy. There are days when I fear depression will overtake me. I feel helpless, sad, and angry.

I don't know a soul in my new neighborhood and I am not allowed to get to know anyone. I feel very isolated, lonely, and empty. My poor husband has to listen to me nagging and sometimes crying.

There is no one else to talk to. Oh! Of course there is. How could I have stopped praying and talking to You? God please forgive me. Why is it that when I need you the most I forget to come to You. I haven't spoken to you for quite some time. I have lived in the basement of my soul and that is a dark place. Thanks for getting me out of there.

God please help me find some optimism and joy in this Covid19 mess. Push me to be more of a supporting spouse to my husband. Help me find people to talk to. I can't wait to go out and have a cup of coffee with a friend.

Please let us go back to normal times.

I have to admit I was getting back to my old ways of being selfish in my misery. In my self-pity I didn't even think of other people who had it much worse than me. Forgive me.

Although I had forsaken you, thank You for hearing my prayers. I had left You, but as always You are there for me.

Amen

2021

Dear Heavenly Father

Psalm 46:1, "God is our refuge and strength. Always ready to help in times of trouble."

I need Your help right now, as do most people in these difficult Covid 19 times. It is so frustrating to have so many restrictions put on our lives. It is hard finding the energy and lust for life. It is easy to give up, retreat, step back from life, get lazy, and isolate. For me isolation is something I do when life is difficult, when I am depressed or overwhelmed. Now it's an order. Don't go out. Don't see people. But people are the healers, talk is soothing and touch is life. Oh God, it's so sad and it's easy to give up.

A big smile can lighten up the spirit and make a hard day better. Now we aren't allowed to see each other's smiles. It can't be healthy, especially for the children. My frustration is mounting.

God, I need You, the country needs You and the whole world need You. Where are you? You are the only one who can deal with it all. Our leaders aren't helping us. I do not

know who or what to trust.

God, I know You are by my side. I am not afraid of Covid19 or of being sick. What scares me is what is being done to the world. Our leaders believe they are stronger and more powerful than You. We are told not to listen to You or ourselves—only believe in the few in charge. And we are told to leave God out of it. God, please help. Your voice is sorely needed. I ask You—no, I beg you to use this Covid19 crisis to strengthen the belief in You as the savior. Let people find you in this time of need. Please help all of us. I know I can't demand things of You and I have to be patient. Things will happen in your good time—please forgive me for my impatience.

Amen



2021

Dear Heavenly Father

The Bible says that good news is for sharing, Psalm 2; 2 Kings 7:9

Dear God I pray: help us remember to share the good news and good times with each other. Good news brings joy and joy brings us together. Teach us to choose love over hate and good over evil.

God help us stop the craziness of bad and hateful news. Twenty-four hours a day it is spewed and listened too. The bad news seems to separate us. The vile hate that lives in social media and in our society is tearing us apart. People are beginning to hate, to a point where families can't sit together for dinner. The animosity is growing at an alarming rate and I wonder where it will all end. Every time I think it can't get worse—it gets worse. Every day the media adds another log of hate to the fire, people are receiving hate mail on a daily basis, and communities are being torn to pieces.

God I beg You to help. Teach us to love as You love. We need to disagree with respect. Please, Almighty God stop the hate wherever

it is; in media, in society, and in our hearts. We all are brothers and sisters and have enormous potential as a group. Who is gaining from keeping us apart....?

God, only You are strong enough to win this battle.

God we need You more than ever.

Thank You for always letting me come to You. It's so comforting to know You are there. Without You this time would be unbearable.

Amen



2021

Dear Heavenly Father

Psalm 46:1-11 Dear God we live in difficult times. Families are being torn apart. Hate is becoming the norm. I worry for myself, my family, my friends, and my country. I worry especially for the little ones who have to go on living in a world that has lost all morals. The more ungodly and perverse the better it seems.

Truth is no longer wanted. We tell girls they can be boys and boys they can be girls. We tell them that men can give birth—have we lost our minds? Commonsense is thrown out the window. We have to pretend that all is good and no evil is happening.

Please open our eyes to this nonsense. It is unbelievable what we are told to believe and what is taught to our young innocence children. Children should be allowed to stay innocent and without worry. Do we have to introduce adult material at an earlier and earlier age?

Dear God protect our children from this insanity. Let them be children in blissful happiness. Stop burdening them with talk

which is way above their understanding, and will only make them anxious and confused. It is hard enough to be a child.

Dear God, I know from scripture that You hear me. You give me strength. Without my confidence in You, I would be overwhelmed with worry and grief. Our children may not pray to You or even know You, but please I beg You to shine your light on the little ones and let them find You. They need You more than they will ever know.

If it sounds like I am begging...then it is because I am.

Amen

8. NEW BIBLE STUDY

Covid19 restrictions are finally easing and people can again gather in groups. My new community has a Bible Study group. How neat is that? I can be with neighbors, study the Bible and make new friends all at the same time. I am amazed at the teachings and the knowledge of the women there. It is an impressive group—at first I felt I bit intimidated, but everybody was very encouraging and helpful.

I am not only learning about the scripture, I am seeing firsthand the loving and caring ways of Christian women. It is the most wonderful bunch of girls I have ever met. Their love for God and their fellow man is fantastic.

More than two years ago I prayed for God to find me a community with kind, God loving people. I have always wanted to be around women who dare to be authentic, honest, and forthcoming. This wish has

become true right here in my new home. I am meeting so many kindhearted people not only at Bible Study, but the whole neighborhood is full of them.

God is awesome.

This new Bible Study group gives me food for thought and my prayers reflect that

2022

Dear Heavenly Father

I come to You again with the subject of personal suffering. As you know it is often on my mind. Joyous are the days when I find scripture that help me in my thinking. Today I read Deuteronomy 23:5 “God turned the intended curse into a blessing because He loves you.”

For most of my life I was fighting an uphill battle. I felt the world was against me. It was easy to become sad and bitter. It didn't matter how hard I worked success and happiness never found me. I somehow believed I was cursed. Over the years I learned new ways of thinking and in the process I found You God. I never thought it would be possible for me to forgive and to learn to be thankful for my life. Today I can look back at the years when I was depressed and still thank You.

Praise the LORD for He has made me understand that hardship and suffering were not done to crush me. The world was not out to get me as I used to believe. Today I am the sum of my experience and more ready for the future. Through life's trails You have guided

me, and made me stronger. You have always been patient with me—God is never in a hurry.

I pray dear God: Please help me remember this lesson next time I feel down, angry, or worried. With television, social media, and Covid 19 it is so easy to find something to worry about. Please teach me to let prayer come before worry.

This acknowledgment of Deuteronomy 23:5 would never have happened had I not found You. I would have dismissed it as nonsense.

Thank You my awesome God. Your teachings never cease to amaze me.

Amen

2022

Dear Heavenly Father

I am only beginning to comprehend what a father like You can do in my life. When I stop listening to my own thinking and begin to hear Your plans for me. In essence, when I can get myself out of the way.

My biological father had a very negative impact on my life and my thinking. He would often humiliate and shame me. My image of a father figure isn't very good. As a child I often wished that I had a different father.

Once when I was in my mid-thirties and I was standing looking out of an open window, I saw a father and his small five year old son out for a stroll. The little boy said, "Father, can I tell you a story?" His voice was full of excitement. The father turned to him with a huge wonderful smile and said, "of course I will hear your story—I will always hear your stories." At that moment I sank to my knees and cried. It was the first time I really acknowledged—at a gut level—that a father could be loving and caring. I realized how hurt I was and how much I had misunderstood fathers.

Now I have a new Father—my Holy Father. The creator of everything has time and compassion for me, and enough love for me to hear my stories and my worries. How wonderful is that? It makes me feel humble and important at the same time. I am worthy of Your time. Praise the LORD.

Dear God: let me come to you always without fear of judgement and shame. Hear me even when I don't make sense. Be the patient father I have missed my entire life. My inner voice is often a repetition of my father's words and they are degrading. My inner words can prevent me from doing and succeeding, "better not to be seen and heard than being humiliated." Please God take that old record out of my head once and for all and let me be playful and daring.

Amen

February 14, 2022

Dear Heavenly Father

JOY IS MY STRENGTH

Habakkuk 3:17-19

I heard this sentence for the first time a couple of days ago. It had a profound impact upon me.

Dear God allow me to think aloud as I am chewing and thinking about joy. To me, it feels like a homecoming, restful nest in God's competent arms. It is a place to run to—where the world's troubles are forgotten for a moment. Joy is not being happy in a giggly kind of way. Joy is a more mature peaceful knowing that all will be well—because God is your Father and He loves you. It is like a knowing smile of something bigger than yourself.

Joyful strength is kind, caring, and can move mountains.

Before I knew You God I was often confused. Where did the Christians get their strength while standing in the midst of a tornado torn home, caring for people in the poorest of Africa, or dealing with the loss of

loved ones. I believe I have found the answer; joy is their strength. Their infallible belief that God is there with them always gave them peace.

I praise You God. When I have questions You give me the answers. They are not simply answers on an intellectual level, You change my heart.

Thank you.

Amen

2022

Dear Heavenly Father

Honesty: Psalm 101:1-2 and Isaiah 9:15

Dear God, It is important for me to be honest with You, myself, and with others. There is so much dishonesty in the world. What is truth and what is not—sometimes it is hard to tell the difference. It is easy to believe the lies and doubt myself. The only way I can keep it together is to have integrity within myself. I have to learn to trust myself; to live in denial of my own truth is a place I don't want to go back to.

I am sure You remember my list of shortcomings and strongholds. I think it is time for a new assessment. I need to take stock and admit to myself and to You where I still need to improve.

Before I met You I would punish others with my silence; I would carry grudges for years. I had little patience and I could be very judgmental. As I thought the world judged me, so I would judge in return. Instead of defending myself, I would crumble and I wanted to run away. I feared people and

thought them to be more than me. When humiliated, I wanted to hurt the other person. I was so afraid of my own wants and needs that I wanted others to guess them, then get annoyed or sad when they did not. I would rather lie than be put in a situation where I could be humiliated or shamed. I had a hard time admitting to mistakes...especially if they made me feel stupid. I was overly responsible for other people's lives and needs and had a hard time saying no. I felt guilty about everything. I had to be a good girl all the time even when others stepped on me. At the same time I controlled others with my misery and victimhood. Nothing was my fault—others were to blame.

How much of this is true today? God, I can honestly say that I am much better in all the above categories, although it would be lie if I said that all have disappeared completely. It is easy to go back to my old ways when life gets tough—Covid19 stress was a testament to that. The good news is that today I have the awareness and the tools You so kindly have given me. I don't stay in my misery for long.

Please God help me to always trust my inner voice—it is often sharp as a knife—knowing the truth on an intuitive level. Self-doubt and the need to please others should

never come before truth.

When I look back at my life since I met You, I am amazed. You have changed my life in so many ways.

I beg you God, please let our world get back to old fashioned honesty. Let us find pleasure in doing the right thing and being kind to one another. It is so discouraging to see the truth being bent and obscured. It is like an evil sneaking in everywhere.

Thank You for having patience with me. It is appreciated.

Amen

2022

Dear Heavenly Father

I wrote this little essay years back. As I grow in my faith in You it has become more urgent for me. As always I thank You for lending me your ear. I am blessed

The Empty Basket

Why is it that some people frequently and easily give praise and compliments? It comes natural to them. They always find an opportunity to compliment and they are lovely to be around. They have an abundance of good things to say and it is easy to gravitate towards them.

I imagine as children and young adults we gather flowers whenever we are given positive feedback. Whenever we are given a compliment or praise, we receive a rose or two to add to our inner flower basket. Over the years, more and more roses fill the basket until it is full. Then as an adult there is a huge reservoir to take from and compliments becomes easier to bestow.

I believe the opposite is true for people

who grow up in dysfunction and sadness. They were not met with much praise. In many cases they were met with hostility. Therefore, their baskets are empty. It becomes difficult to give out what you don't have. It doesn't mean they are bad people, but it is harder to categorize them as friendly and kind. They are often seen as hard, unfeeling, and uncaring; obviously not fun to be around.

I wonder if that same basket theory is true for many other aspects of life. When I see an unsmiling, sad, or unfriendly face I wonder—how was he or she received and treated in the world? Their baskets must be empty.

How do we live life when the self-esteem basket is empty, the trust basket is empty, and the happy basket is empty? Just to name a few.

The paradox is, the emptier the basket, the more we crave happy feedback, the less we receive it. It is easy to be nice to a lovely person, not so easy to the sullen, sad, and angry. Hence, the one who needs the most flowers goes without.

I again come to You Lord. Please help me to be more attentive. A compliment to the lady checking me out at the supermarket means a great deal. Give a nice smile to the garbage man. Speak to an obstinate teenager.

Listen to someone's story or whatever comes my way. I don't need to travel to foreign countries to do God's work. Can I be of help?—yes— by filling up the empty baskets one rose at a time.

Thank You my awesome God.

Amen

9. LAST PRAYERS AND LOTS OF PRAISE.

I am seeing so many prayers come true. God is listening and He cares. It is such a blessing. A new world has opened up to me and for that I will be forever grateful.

2022

Dear Heavenly Father

Praise to the LORD. In one of my early prayers I asked You to help me get off my medication. I had been told by medical doctors that after six years on hydrocortisone I would never be able to get off the medication or even lower my daily dose.

With You everything is possible. You guided me to a Christian naturopath. She had time and would listen to me. She treated me with natural medication and to my surprise, she would pray over me. It was always a pleasure being in her office. God, I thank You for finding her for me; a person who wanted to heal the whole me and not just one part. Sometimes she would hand me healing scriptures for me to read at home. She was indeed a very different “doctor”.

God, I know You work in slow and meticulous ways. After one and a half years of pain and lowering the dose little by little, I was off my hydrocortisone. Hallelujah!

God is great. Without Him and His earthly helper, it would not have been possible.

Dear God I miss this wonderful person

and I pray You will find somebody like her
here in middle Tennessee.

Thank you very much.

Amen



March, 2, 2022

Dear Heavenly Father

Now when I have decided to publish my prayers it has become increasingly difficult to write freely. All of a sudden I feel I am writing for an audience instead of directly and only to You.

My latest prayers have become contaminated with explaining. With you I don't ever have to explain anything. You know me better than I know myself.

Today I tell You, that if publishing my prayers prevents me from having a honest fulfilling relationship with You, then I will stop. I feel it in my heart. If my book of prayers does not bring You glory, then it isn't worth writing.

God I need Your wisdom right now. Please give me signs and good feelings and I will continue. If You want me to stop, I will do so.

Amen

2022

Dear Heavenly Father

Over years I have come to You with certain prayers over and over again. I have this need to help women—to be of support and comfort. Women today do not have the same network as in earlier generations. When we are together we talk about fashion, sport, food, traveling..... We hardly ever get to what really happens under the surface. I feel there is a lot of pretending that all is well and so many women suffer in silence.

God, what I really want, is to use the knowledge I have gathered over years, while working to better understand myself, to help others. I know it's possible to change behavior and thinking patterns. I don't want all my hard work to be just for me. Let my earlier suffering be of use. We are called to serve one another, 1 Peter 4:10.

I have asked for my book to be an inspiration— teaching women that speaking their truth is healing, and there is never shame in telling the truth, no matter how sad or ugly it is. It is fantastic what we women can achieve through sharing and caring.

I Thank You God. You have opened new doors for me. Since I published my first book I have had very profound conversations with women. Sometimes I have listened to stories which have never been told before. Lately it has happened more often. It is a privilege to be given such confidence and trust.

In three days I will begin my first self-help group (Codependence Anonymous). God I can't tell You how excited I am—Your gifts are amazing. I am so grateful for Your blessings.

God please help this group succeed and grow. Let it be healing to all members including myself.

Thanks You for answered prayer.

Amen

March 2022

Dear Heavenly Father

The world is in great need of You. The earth's population is exhausted from Covid-19. We were all hoping to get back to normal life quickly. To everyone's horror war brakes out between Russia and Ukraine.

God, I don't have enough words to describe the brutality and horror of war. It is a catastrophe for all people. I beg You to intervene. Please stop the slaughtering of people and bombing of cities. This total disregard for human life and suffering is hard to watch. How can one man be allowed to have the power to annihilate another country?

In 1 Peter 2:13 and in Romans 13:1-7 it is written that we are to submit to government, for all authority comes from God. How is that possible? How can dictators, tyrants, and power hungry leaders be from You? As always, I ask with full respect for Your authority. I humbly ask for Your wisdom.

I read Acts 5:29. It says, "We must obey God rather than any human authority".

This scripture gives me hope.

Dear God I pray for peace between Russia

and Ukraine and in any other war ongoing at this moment. Please help the poor people who are suffering, who are displaced, and who have lost loved ones. Many people fear for their lives and children are suffering. God I also pray for Putin. God please take the evil out of his heart and replace it with something good instead. Please stop this madness before it spreads to other countries.

Today I can't find prayers for myself. When I think of the suffering that so many people go through, my problems seems small and petty.

It is the second time I go to the scripture in Psalm 71:12, "O God don't stay away. My God please hurry to help."

Amen



March 2022

Dear Heavenly Father

I am very happy I wrote my prayers down. As I reread them I can see how many of them have been answered. It would have been easy to forget without this written word.

One of these prayers was to find a new home in a Godly community. I asked for a community with lots of activities and friendly people, a place I could call home for many years to come. It didn't matter to me to which state I had to move, but surely middle Tennessee was not on my radar.

Blessed am I, for God delivered every wish and added more. I didn't know that such a community even existed. How we ended up in this lovely neighborhood is nothing short of a miracle. The first year was obviously difficult with Covid19 restrictions, but now I can really appreciate the spirit of this neighborhood. It is so heartwarming to live amongst helpful and kind people. There is a "can do" attitude and it is easy to find friends and get involved.

God I can't thank You enough for answered prayers.

Amen

2022

Dear Heavenly Father

You have blessed me with an inner peace which had eluded me before. You have given me the strength I so often have asked for. Your wisdom is coming in my direction fast and furious. Most of all, you have taught me to come to You with everything.

If I had not met You, and my old ways of thinking had still been intact, Covid19 fears would have crushed me. I would have driven my husband crazy with my worry. I would have talked non-stop about nothing else—trying to get rid of my inner anxiety and turmoil. Of course there was some concern at times, but the change in my anxiety levels is miraculous. I never thought it would be possible to feel so calm. God You truly give fantastic gifts. I am so grateful.

Amen

2022

Dear Heavenly Father

I have often admitted to You I was jealous of other people's success. I compared their life with mine and I couldn't even begin to measure up. I stepped backwards and slowly took myself out of life. It was easier to not try at all.

Slowly over years You showed me that my life was not wasted at all—It was different and my rewards would come in ways I could not have imagined.

As a small child I wanted my parent's attention.

My sister got it instead.

I felt so unworthy and unwanted.

As a school child I was often unwashed and smelly.

The other girls looked so good and knew about lotion and things.

I felt so sad and left out.

As a young woman I dreamed of an education and a good life.

The other young women got college degrees and success.

I felt suicidal and married way too young.

As a thirty year old I decided to begin therapy and try to find myself.

The other thirty year olds were enjoying life.

I felt my life had been wasted.

As a forty year old I began to expand my knowledge of human suffering and healing.

The other forty year olds began to see problems in their lives.

I felt I knew something—life problems were my expertise.

As a fifty year old woman I was beginning to find peace with myself and my past.

The other fifty year old women were having trouble admitting any failure at all.

I felt blessed—God had given me another dimension to life.

Today I have a degree in life.

The other middle aged women come to me for the knowledge I have collected over time.

I feel God knew this all along.

God, Your timing is always perfect.

Amen

March 27, 2022

Every day problems, insecurities, and negativity is a subject that I talk to women about. I wrote this prayer to encourage and to see God's side of the matter.

Dear Heavenly Father

God, please help me from being discouraged when people send their evil arrows in my direction. How to even know when it happens? Sometimes "friends" will misrepresent or lie in the name of helping or protecting. Equally help me, when my own inner voice prevents me from believing myself and accomplishing anything.

2 Corinthians 4: 16-18 is very helpful: For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever.

Dear God, I have thought about this scripture and come away with a new outlook: Lift your head high and stay with God, His future Kingdom is so much more important than anything that can happen in the here and now. Don't dwell on the pettiness and the squabbles of the day. Trust that God's grace is with you.

No matter how old and frail I become on the

outside;

God's light lives within me and His light can never be destroyed.

No matter how much other people want me to fail;

God is always encouraging me to keep going.

No matter how many lies and half-truths are told about me;

God believes in me and He always knows the truth.

No matter how much others may misrepresent me;

God knows me and stands firm by my side.

No matter how isolated or alienated I am from people;

God is with me, therefore I am never alone.

No matter how I am judged by others;

God is fair, right and good. Other's scorn can't hurt me.

No matter how unkind and mean other's words and deeds can be;

God's love will comfort me.

No matter how often I speak badly to myself;

God never tires from telling me that I am good enough.

God I am so thankful. You have answers to everything.

Amen



2022

Dear Heavenly Father

When I look back at my life I can see how I missed opportunities to serve You. I was never grateful for the many gifts and talents You bestowed upon me. I was spending all my time comparing myself to others and falling short.

Today I know You don't give at random. Just like the cedar trees You grew for the temple, Psalm 104:16, You always have a plan. Therefore, I have to believe that I, and my niche in life, weren't just a coincidence. That is a pretty awesome thought.

With that in mind I better take courage and act. No more complaining about not being good enough. No more finding excuses for everything. Your gifts are exactly right for the job You have assigned to me. Like the cedar trees they had to mature at the perfect time.

Dear God, You have a wonderful way of teaching me. How can I complain about a thing when it is all a gift from You. It is wonderful how You rewire my brain.

I am so grateful for Your wisdom and grace

Amen

April 2022

Dear Heavenly Father

No request is too big for God. With that in mind, I urgently ask You to help this country. I beg You to stop the hormone and the surgical torture of children. God, please end this craziness. I know You love the children—please protect them from this ideology of gender.

God You created a man and a woman. I do not believe any surgery can change that.

God we all need You, but our children are in desperate need for you. Please help.

Thank you for hearing me. And please give me courage to keep this prayer in my book.

Thank you God.

Amen

2022

Dear Heavenly Father

It is one thing is to hear God dwells in me, another thing is to hear I am God's temple.

Being God's temple is much more profound and awe inspiring. Being God's house changes everything. God's house is to be treated with respect and dignity. God is to be glorified in His house. That is almost too big for me to comprehend.

It is difficult for me to describe what this new knowledge is doing to me. It doesn't matter whether I am young or old; pretty or ugly; college educated or not. I am a vessel of God's glory—nothing else matters.

Dear God

I ask You to guide me while I ponder on the enormity of this new insight. Help me find the right understanding—I could very easily get overwhelmed. I have lived a life full of self-hate, low self-esteem, and a feeling of being unworthy. How can You ever forgive me for speaking so poorly about Your temple. God I feel utterly sad and I want to repent for all the wrongs I have committed.

Today I am deeply touched.
Amen

June 1, 2022

Dear Heavenly Father

Dearest God, where do the children go when they don't know you and when they have never been introduced to you? No one has told them they have an all-loving father who cares.

Where do the children go when school is bad and mom and dad are busy? When the world around them fail them—they are utterly lost without someone to speak to. We fail them when we don't tell them that God listens all the time.

Where do the children go when violence happens around them? Who to speak to when the adults are entertaining themselves on social media?

I don't know the answer, but I do know how lost I was until I met You. Why is it almost illegal in our society to introduce our children to God, to his love and compassion? He is that someone to talk to when all else fails—how can that be bad?

God I pray: please help us back to You. Our children are depressed, angry, and lost and only You can heal them. Help is

desperately needed.

Families are falling apart and children pay the price. Please help us dear father...I worry for children.

Amen

2022

Dear Heavenly Father

Matthew 8:23-27

Speaking to You every day has given me many insights into myself and to life. My book is coming to an end, but I have a few more things to be grateful for.

You taught me to look inwards to find the monsters. Blaming others for my failures and sadness does not work. It only fosters resentment and takes all responsibility away from me. This form of victim-hood-thinking is very comforting, but there is no growth and no real joy. When others are at fault you can't do anything—you are stuck.

Your teaching has made me willing to be totally honest. It's not easy to admit shortcomings, self-pity, and bad behavior. Acknowledging a part of myself that I would rather ignore is tough. But with You everything is possible. In the exact moment I trusted You and dared to be vulnerable, You in return provided me with the strength I needed. You have rewarded me with an inner peace and tranquility I didn't think was possible.

Does that mean that I go through life without any troubles or difficulties? No of course not. But I know who to talk to about everything. It is very comforting being in Your arms.

God, Your validation and love for me has given me permission to be who I am. You have taught me that when I dare to be vulnerable I gain an inner strength. I have seen it over and over again that when I dare ask question or admit that I need more explanation other people admit that they didn't understand either. My newfound ability to be open-minded is teaching me that we people have more in common than not.

You have taught me to take myself seriously and to take responsibility for my own life. I need to speak to You continually and pray with complete honesty. It is through repentance and God's forgiveness that life can change. When I am honest with You I am also being truthful with myself—no more self-denial and skipping over the unpleasant thoughts and feelings. It is only possible to change the things I can acknowledge. God please keep my eyes and ears open for more of Your wisdom.

When I react different to the world, the world reacts different toward me. And

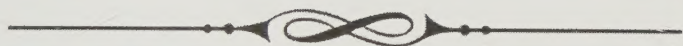
something changes on a very fundamental level. Courage begets more courage and situations I would have feared, just a few years ago, do not bother me at all.

Dear God, with you in my court everything is possible. Sometimes I wonder where you will take me—the sky is the limit.

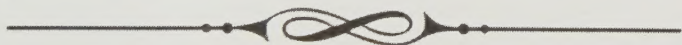
How wonderfully mysterious is the work of God. I am thankful and happy You decided to seek me out and teach me Your awesome ways. I will be forever grateful.

Why fear when God is near?

Amen



The end for now, but
more to come...



Made in the USA
Columbia, SC
26 January 2023



11015960R00076

My childhood was spent in Denmark in a poor dysfunctional family. From early on I felt I was a second-class person and sadness was always with me. I married, had a son, and divorced at a very young age. I had a hard time providing for him.

Despite my inner struggles I managed to find happiness in a new marriage. My husband lived in Switzerland and my son and I moved there when he was about 11 years old. My life began to change. I had time and support to work on my inner healing.

After years in Switzerland, we decided to move to USA and in 2016 I became an American citizen. Being an American meant a great deal to me and it made me reflect upon my life. Only three weeks after my new citizenship I began to write my autobiography, *The Snippets of a Life*. While writing this book, God miraculously came to me; He helped me continue when I wanted to give up. And He hasn't left me since.

This book is a compilation of prayers which I wrote during the transition period, from my first stumbling steps as a new Christian to my full trust in God's love for me today.



ISBN 9780998824727



9780998824727



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